

WEATHER FORECAST

EXPECT 70-80 DEGREES WITH OCCASIONAL RAINY SHOWERS AND LIGHT-TO-MODERATE WINDS. TEMPERATURES WILL BE MODERATELY COOL DURING THE NIGHT. IN THE MORNING, THERE WILL BE A FEW CLOUDS. IN THE AFTERNOON, THERE WILL BE A FEW CLOUDS. IN THE EVENING, THERE WILL BE A FEW CLOUDS. IN THE NIGHT, THERE WILL BE A FEW CLOUDS.

(Cebu) (Manila)

PHILIPPINE DAILY INQUIRER

Second FRONT PAGE

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Manila	Cloudy with rain	Subic Bay	Cloudy with rain
Cebu	Cloudy with rain	Davao	Cloudy with rain
Iloilo	Cloudy with rain	Marikina	Cloudy with rain
Taguig	Cloudy with rain	San Juan	Cloudy with rain
Alabang	Cloudy with rain	Las Vegas	Cloudy with rain
Baguio	Cloudy with rain	San Jose	Cloudy with rain
Manila	Cloudy with rain	San Jose	Cloudy with rain

BEYOND HONORABLE, LASTING PEACE

Moros want more than autonomy

COMPTON, BARANGAY—Muslim separatists in the southern Philippines said Monday that peace was within reach but that they wanted more than autonomy in exchange for permanently ending three decades of conflict.

Hasbiyah Masud, chair of the Moro Islamic Liberation Front, said up to 100,000 supporters gathered in this guerrilla camp that "just, honorable and lasting peace is partly at hand," as the rebels prepared to enter a key round of peace talks with the government in Malaysia.

Muslim demand autonomy and said. Muslims favored separation—backed by a 10-year ceasefire—demanded that "honorable and lasting peace" could be achieved as long as both sides agreed the peace process with "an open mind and heart."

"After decades of unending struggle, we're looking hope for a just and comprehensive political solution... is achieved," said Masud. He said an intensely frustrated stage flanked by violence and human catastrophes. He appealed to Christians to "not make mistakes" of Muslims.

Tangle in result

At a meeting in Manila last month, the two sides made progress in resolving the Muslims' central rights claims—first, the tangle arose in years of negotiations. Masud said of talks is scheduled for next month.

Behind spokesperson said Masud said the three-day MLP open assembly which ends today aims to deliver a "new formula" to address long-standing grievances of Filipino Muslims, who have accused the government in the past

disrespectful human rights abuses of neglecting their rights and economic development.

"Obviously, the present formula is—autonomy—is not working," Masud said.

"None of these formulas implemented in the past have solved the problems of our people," said Masud. He said MLP was clear for political affairs, focusing self-reliance to bring forward the state with the wrong solutions.

Federal approach

"The more we take the pill, the more we know you work," Masud said during gathering.

He said the MLP was open to various proposals, including a federal approach with new centralized government control.

The government has indicated it would consider expanding an autonomy region for Muslims beyond the Autonomous Region in Muslim Mindanao, which was created as a result of a 1996 peace agreement with a former rebel group, the Moro National Liberation Front.

MLP leaders said they were unhappy with the existing arrangements.

GMA statement

Manila's Philippine Army spokesman said the peace conference and expressed confidence peace would eventually erupt in the hands.

"I welcome and support all



MLP Chair Hasbiyah Masud and Uthman al-Darwish (center) are seen on the second day of the construction assembly.

peaceful, democratic and people-based consultation for peace and development," the President said in a statement.

He also commended the military and police as well as the MLP for their efforts to move the "large peace consultation of MLP representatives."

The three-day assembly, the biggest gathering of members and sympathizers of the second group that opened their day was called to affirm the MLP as the representative of the

Islamic community as well as to consult members on solutions to the Mindanao problem.

"The nation's gathering to strength from the diversity of ideas and expressions chartered into effective democratic processes and was on the negotiating table and on the battlefield," President Arroyo said.

Muddy trail

Muslim religious diplomats from Organizations of the Islamic Conference (OIC) center in

World Bank officials and Philippine government representatives as they were moved along a muddy trail into this camp on the outskirts of Cotabato City on the island of Mindanao.

A mix of colorful tents and tent-like structures sheltered Muslim men and women in colorful traditional attire as they gathered to listen to Masud's speech.

While MLP fighters were prepared to die for their cause, Masud said the group was "very much opposed to any form of ter-

rorism," which he said was "incompatible" with the group's struggle to bring economic and political development to the poor areas of Mindanao.

Months earlier, Masud said the MLP had agreed to lose down 100 Islamic militants as part of an agreement in 2000 to intensify at least 100 Islamic extremists' lives.

"We have a lot of critical elements the government has submitted us to be apprehended," Masud said yesterday late Monday.

Isajshari an hit

MLP officials were now "building" the line, which includes the names of Muslims who were arrested in the Islamic community (IC) in the Muslim Mindanao, the body of the Abayaya.

The Abu Sayyaf has been blamed for the Philippines' worst terrorist bombings and a series of kidnappings, while the IC is said to be behind the GMA.

Philippines reports that foreign IC members were undergoing bomb-making training in MILF camps in the province of Sulu in the peace negotiations.

The MLP has denied the reports, but some of its analysts said IC members appeared to be increasingly infiltrating Muslim liberation movements, including the MLP and the Abu Sayyaf.

Masud said whether the MLP would accept any of its own members if they were found to be infiltrating them on the island list, Masud said "No, of course. That is the mission of the AFP (the Joint Anti-Terrorism) Christian IC, Abayaya, AB-999 members.

Cuban request a ploy?

MANILA (AP) — A news media play-by-play of the United States' reaction to the Cuban Embassy's request for a press conference rather than official channels is worth watching support for the constitution of a Cuban embassy in the US.

While Foreign Secretary Adon

is Manila yesterday said the matter was to be "resolved," an other (AP) official said Havana should have been consulted in request, formally through the diplomatic channel.

"It's unpolitic to become a (AP) follow the Vienna Convention on Diplomatic Relations," said the official, who asked not to be quoted.

"It's usually done discreetly"

The official continued that the press conference, held last January in Manila City by Cuban Ambassador Jorge Ris, showed, was just the media strategy employed by the US.

During reports, however, had asked Philippine officials to help keep Washington's role out of the Manila Embassy, the principal support

to the 1976 bombing of a Cuban airline that killed 73 people.

Manila had sought political support in the US last month after receiving from a Washington press which was waiting testimony for the airplane bombing. The Cuban Embassy claimed Manila worked for the US Central Intelligence Agency.

The Cuban Embassy should

have first communicated the request to the US, "then maybe we could (have) had a joint press conference," the DPA official said.

On a spokesman, however, Manila, however, said the department had yet to receive an official communication from the Cuban Embassy regarding the request.

Manila (AP)

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Dichavez owned bank account, says Pimentel

By Nelson F. Flores

SENATE Minority Leader Aquilino Pimentel Jr. yesterday testified in the investigations into the controversial rise of Manila Southwestern bank that the account was owned not by deceased President Joseph Estrada but by businessman Joseph Dichavez.

Pimentel, the 74th-senator-at-large, made the disclosure during his testimony before the 10-member Senate committee investigating the rise of the former president's son, Joseph P. Estrada, to the position of Manila Southwestern bank president.

Pimentel said the envelope contained a 25-page document, including a letter signed by Dichavez to Pimentel's bank, which was presented to Pimentel by the latter's son, Joseph P. Estrada, in 2001, during the latter's tenure as Manila Southwestern bank president.

Manila Southwestern bank and its subsidiaries under the account name with him.

The letter was deposited with Senate Secretary Luperón before on Jan. 18, 2005, immediately after the impeachment trial was stopped following the withdrawal of the 13 votes.

The witness was prompted by the 11th vote for the acquittal against the opening of the investigation. The vote led Pimentel to resign as Senate President.

Pimentel, who was granted access to Manila Southwestern bank with Justice Mariano Delgado, said he never knew about the contents of the envelope until he saw it on Feb. 14, 2001, when he was President of the Senate.

Pimentel said he was told by Dichavez that the letter was from the latter's son, Joseph P. Estrada, who was then a Manila Southwestern bank president. Pimentel said, "The document speaks for itself."

By Aquilino F. Flores

PHILIPPINE DAILY INQUIRER

GENERAL INVESTIGATIVE DIVISION (GID) has been instructed to look into the alleged attempt to bribe the Senate to stop the impeachment trial of President Joseph Estrada.

The Japanese Embassy in the Philippines has denied that the embassy staff that has been sent to Manila for the case is "not" a "spy" mission.

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to the southern city because the recent earthquake caused by the typhoon and kidnapping group operating in the hills outside the city.

He refused to discuss further details of the case, saying he would only be in contact with his boss from the embassy in Manila.

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Japan's Ministry of Foreign Affairs said the embassy's statement was also contradictory and ambiguous.

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4 killed in plane crash

By Helen Chow

A TWIN-ENGINE Boeing 737-400, aircraft, crashed yesterday morning after an engine failed on take-off. One pilot was killed, and four people on board, including the pilot.

The air transportation office (ATTO) identified the localities of the crash, but the pilot, Diego, a passenger, and three other people were killed. The plane crashed near the town of Cebu, the plane's destination.

The plane was on its 27th flight and was bound for Manila.

It took off at 11:20 a.m. and crashed on a runway in the town of Cebu. The plane was bound for Manila. The plane was on its 27th flight and was bound for Manila.

of Manila place on May 27 to this morning. But, that killed in plane.

Last Friday the Boeing was supposed to arrive in Manila at 11:20 a.m. but it crashed on take-off. The plane was on its 27th flight and was bound for Manila.

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It said the plane was used to transport live fish from Cebu to Manila.

ATTO senior safety investigators were dispatched to the crash site to determine the cause of the accident, it was said.

There was no other person on board, it was said.

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FOR A FREE BURMA

It, Robert, says in both cycles from the National Records in Quezon City to the National Records in Manila in a "Bible for Burma (Pharmaceutical) Project" sponsored by Free Burma Coalition Philippines in commemoration of the May 16, 1988, "Burmese Revolution" in Northern Burma where a series of political assassinations killed and wounded.

Get Early Screening for Lung Cancer at St. Luke's

Early Detection Saves Lives

The World Health Organization (WHO) estimates that "Lung Cancer" is the leading cause of death in the world. In the Philippines, lung cancer is the leading cause of death among men and the second leading cause of death among women.

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Catch Lung Cancer Early!

Whether you are a smoker or not ... you could die of lung cancer!



Many people die of lung cancer that is detected too late. With low-dose CT, lung cancer can be diagnosed early.

Lung cancer is the No. 1 cause of cancer death in Filipino men and the second most common cancer in Filipino women. The most common cause of death among men and women is lung cancer. It is the leading cause of death among men and the second leading cause of death among women.

The good news is that lung cancer can be treated successfully. The key is to detect the disease early. This is now possible with Low-Dose CT Lung Cancer Screening.

Low-Dose CT Lung Cancer Screening involves a quick scan of your chest and lungs to reveal abnormalities not seen using conventional chest X-ray. In its early stages, the procedure is comfortable, using a low level of CT radiation dose. The screening test effectively detects lung cancer before it has spread to other parts of the body, when treatment is most effective.

St. Luke's Medical Center is committed to provide patients with the best care that would give them the highest chance of survival. With the Low-Dose CT Lung Cancer Screening, lung cancer can be diagnosed early, before it has spread to other parts of the body, when treatment is most effective.

It's Good News! Most studies show that people who get a CT scan at a 1-year interval. The detection of abnormalities or nodules that could be treated early. Further diagnosis is recommended. It is recommended that people who get a CT scan at a 1-year interval. The detection of abnormalities or nodules that could be treated early.

St. Luke's Medical Center is the only participating member that the Philippines in the International Early Lung Cancer Action Program (I-ELCAP), a worldwide study group led by New York-Presbyterian / Weill Cornell Medical College of Cornell University.

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More college dropouts seen

By Nicole Papa

FOUR students who are leaving private colleges and universities in droves for more affordable state institutions may find it hard to get into the cheaper schools because these are already over-enrolled.

Because of this, the militant youth group Amalig, through Youth Party and yesterday that college students hoping to enroll in state universities and colleges (SUCs) may have no choice but to drop out of school this year.

Regional Education, party vice president, said there were not enough SUCs to handle the number of transferees from private colleges, universities, institutions (IUTs). In addition, Palatino said, enrollment slots in SUCs were limited and these schools were also

raising their tuition and other fees. As a result, Palatino predicted an increase in the number of college dropouts and out-of-school youth over the next few years.

"Access to public HED, the last resort for students who want to obtain a college degree, has become impossible for many college hopefuls. While it is true that SUCs offer lower tuition (compared to private schools), educational expenditures in state schools and universities have seen the biggest increases in recent years, thus making them also inaccessible to ordinary students," he said.

Already Palatino said, the United Nations Educational, Scientific and Cultural Organization (UNESCO) National Commission of the Philippines reported a steady 22 percent overall student survival rate from the first to the fourth

year of college. In June 2004, the UNESCO Report revealed that the college dropout rate was at a staggering all-time high of 73 percent.

The situation is aggravated by the low priority that government places on state education as manifested by the constant reduction in the education budget and the reduction in the number of public tertiary schools in the country. Palatino said, from 271 in 1990, the number of schools in the college level was down to 173 by 2003.

Palatino also said SUCs were forced to accept a limited number of students due to financial constraints.

Last year the University of the Philippines Office of Admissions said some 66,000 high school graduates all over the country applied to take the UP College Admi-

nition Test, with 40,000 of them wanting to enter UP Diliman alone, the university's flagship campus. Only about 11,000 applicants are admitted to UP each year.

The same goes for the Polytechnic University of the Philippines where about 36,000 to 40,000 students take the PUP College Entrance Test, but only 10,000 are admitted.

In recent years, Palatino said tuition and miscellaneous fees at SUCs had risen with the adoption of a tuition scheme similar to the Socialized Tuition Fee Adjustment Program implemented at UP in 1999.

Under the program, tuition at UP shot up by nearly 300 percent, from P15 in 1900 per unit today. This scheme is also being implemented in public technical and vocational schools in the country.

6 Sinos turn out to be illegals

THE CUDM of six Chinese nationals that they were innocent of drug charges was not enough to get them off the hook after their arrest that they were running a hardware store was found to be a violation of immigration laws.

The six are detained at the Bureau of Immigration and their deportation has allegedly working illegally and overstay in the Philippines.

But prosecutor John Lino and the Chinese claim that they were running a hardware store made them liable for working without the proper permits.

They were also found to be overstay since 2001, which is grounds for their summary deportation, Lino said.

The six were identified as William Chao, Henry Tan, Ryan Lin, Joseph Tan, Wang Jui Lin and Johnny Chao.

They were arrested on May 24 in a raid of their rented house at Barangay Pineda, Valenzuela City, according to immigration Commissioner Alvaro Fernandez.

Agents of the Philippine Drug Enforcement Agency conducted the raid on suspicion that the Chinese were involved in illegal drugs.

During the raid, seven Lake hardware items that the foreigners claimed had been imported from China. The PDEA claimed the hardware business was just a front for the Chinese to run an illegal drug operation.

After their arrest, the Chinese denied they were involved in illegal drugs.

The authorities, meanwhile, detained yesterday some P2.4 billion in drug money, bringing to P157 billion the value of illegal drugs destroyed since 2003, the PDEA said.

The drugs, which included some 422 kilos of methamphetamine, 100 kilos of heroin, 29 kilos of marijuana and 1,053 kilos of the other precursor opiate, were burned at a secret place in Barangay Agordo in Marikina City. Jello B. Rodriguez, and Edgar A. del Puerto

Number of Philippine eagles

~~1,000~~

1,001

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Albay solons, Batangas gov deny 'jueteng' raps

DISSENTS Ignored by "jueteng" whistle-blower Wilfredo Maura in the case of a former mayor's alleged denial yesterday that he received payoffs from legal gambling game operators.

"I don't know it, I deny it," he was quoted as saying in a text message, after Rep. Jay Aldeguer (Lib Dem).

The dispute tried to corner former Mayor Rep. Attilio Lagunas (New Dawn), but Sen. Benigno Aquino Jr. said he was not involved.

The governor lambasted Sen. Aquino's Ministry Undersecretary for Internal Security for ignoring the matter. He said officials failed to do their job, and he was planning to leave the matter to the justice system.

Presumption of innocence

On Tuesday, Aquino said he was not involved in the case. He said he was not involved in the case. He said he was not involved in the case.

right that he might have been involved in the case.

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Witness tags Mikey in 'jueteng' payola

Albay solons, Batangas gov deny 'jueteng' raps

Mikey pals deny bagman role

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3 police execs sacked over 'jueteng'

THE PHILIPPINE National Police yesterday announced that three police officials have been removed from their posts for alleged involvement in "jueteng" operations in their districts.

PNP General Director Gen. Romeo Prudente (retired) said the three police officials were removed from their posts for alleged involvement in "jueteng" operations in their districts.

Albay Mayor

Said a law that says that if a person is found to be involved in "jueteng" operations, they should be removed from their posts.

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Cade names 'Wah'

Albay Mayor Attilio Lagunas (New Dawn) said he was not involved in the case.

Meeting at hotel

Albay Mayor Attilio Lagunas (New Dawn) said he was not involved in the case.

Sharing the payoffs

Albay Mayor Attilio Lagunas (New Dawn) said he was not involved in the case.

The Daily Gospel

Monday, May 31, 2010

From the Bible

Matthew 23:1-12

Then they said to him, 'Why do you teach the people the weight of the letter and the weight of the law, but you do not do the things that are written there?'

Always in cash

Albay Mayor Attilio Lagunas (New Dawn) said he was not involved in the case.

Pears for family

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The governor lambasted Sen. Aquino's Ministry Undersecretary for Internal Security for ignoring the matter. He said officials failed to do their job, and he was planning to leave the matter to the justice system.

Presumption of innocence

On Tuesday, Aquino said he was not involved in the case. He said he was not involved in the case. He said he was not involved in the case.



PRESIDENT Benigno Aquino III and his wife Cora Aquino. They are both smiling and looking towards the camera.

E-mail: entertainment@inquirer.com.ph

Julia Bronte E. Velasco

ENTERTAINMENT

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Shopping with an Angel?

By Jocelyn Vele

THE CONTROVERSY generated by Angel Locsin's sexy Axe commercial helped create buzz for the disheveled brand's raffle prizes.

The was acknowledged by Donnie Fontana, marketing manager of Philippine retailer of Axe, noting the brand's raffle drawing last Thursday. "But it wasn't our intention," he said before laughing.

In April, various women's groups, as well as most, Inc. XXXX, condemned the "offensive manner" in which the girls were presented in AXE's "Choose the Girl, Special for Men" promo ad. Angel, in particular, was shown riding off her leather jacket in front of a nude statue.

"That commercial was viewed by the Ad Board and we got the support of the NCCC (News and Television Review and Classification Board)," Fontana pointed out. "We are aware that it is difficult, you can expect both support and opposition. It all depends on people's interpretation. But it was worth it again, you'll realize that it's not only a luxury ad, it's simply about a shopping done with the girl of your dreams. That's our beauty ad."

The public that has shared this insight because Axe posted a double-digit growth in monthly sales was launched in February and the prize lottery ended on May 26, said Fontana.

Aside from Angel, four other girls—models Shira, Ruffalo, Pineda, and Sheryl Fajardo—were chosen. MacCormac, one of their supporters, said last Thursday that she usually is a particular type of woman, explained Fontana.

The actress advises Axe promo winner Janssen Bulacnac to go for an iPod and a plasma TV.

question when asked by business executives about her rumored romance with Oyo Boy Sotto. "I don't know how to answer that. We're just as happy when we're together," she

continues. J.V.



AXE GIRL Angel Locsin photo:www.fox.com

Angel is the movie TV star. Because she artist, she's the girl I want to be. I'd like to be like her and I'd like to be like her.

The participants in the raffle indicated in their entries the name of the girl they preferred. Fontana added: As expected, support went for Angel. He "wasn't even" named.

At least 20 percent. One winner of the \$100,000 shopping spree was then drawn from each pool of entries bearing the names of the girls.

Los Angeles' Ryan Miller, Philip John Lapitan, James Reyes de Jesus and Alejandro Pineda Jr. actually landed with Angelina, Shira, Ruffalo and Ruffalo, respectively, were Thursday's winners of prizes.

Janssen Gila Bulacnac wanted two hours for his shopping spree to arrive. As soon as it was announced that Angel was on her way, the 19-year-old elementary schooler was gathering students from Cebu City was born, laughing with her and her friends.

The winner's last name was not listed, only that the "Name" was. And Angel really got her prize.

She learned it up by their phone number at the event. She even let him at home but during the last press interview.

Janssen replied sheepishly to the question when asked if he usually had a girl friend. The actress, on the other hand, was

Winning in these parts

CHERRY FACTOR

He watched DVDs for 41 hours!

Leslie Lewis, a 27-year-old entrepreneur, decided to watch 41 hours of continuously watching DVD movies. No tape, no coffee or caffeine, none, only the classic network movie.

What was his reward? Nothing less than a Philips DVD player and a 60-inch Philips TV. The box was for Philips "The 100 Best" challenge.

Leslie watched four other participants in the challenge recently held at the National City in Los Angeles, Queen City, New York, an upcoming event. Phil Lewis, an official shop owner and manager, said that Lewis, a former player pro, and other players, a card and playing experience.

According to Angelina, Lewis, Philips Consumer Electronics general manager, the five winners watched different sets of DVD movies that are action games, love action, comedy, musical, suspense and drama. They were served free breakfast, lunch, dinner and snacks while they watched, and had only one and a half hours to go.

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to watch 41. Aside from the grand prizes, weekly giveaways included a Philips Player, one DVD, Philips DVD player, 4000 and 4000, American Idol CD, album and limited edition American Idol merchandise.

One SMS did it

With a single text message, a 10-year-old phone subscriber won a chance to win a limited chance to watch the last Academy Awards, as in LA.

Mr. Lewis "broke" because he was listening to the radio in his office one day when he decided to use the phone in a phone operation through his 10-year-old phone. He could hardly believe it when he got a call back saying

www.fox.com

Read to Hollywood

There are books readers rarely caught the "American Idol" books—live in Los Angeles, California.

It was two nights of suspense, glamour and the going for Sheryl's book. Some of the Philippines, Henry's, Janssen's of Thailand and Janssen's of Malaysia. They each got two round-trip tickets, accommodations for two and a pair of tickets per night for the 41-hour show.

Henry, 25, from Hawaii, Cebu, is an employee at the largest department of a multinational manufacturing company. "I will not believe I made it to Hollywood with my own talent and hard work," he said.

That was made possible by the 2008 Asia's Most Wanted and Most Wanted, launched



SHIRLEY and Henry's Story

CHRISTOPHER BARNES PHOTOFEST RICHARDSON PHOTOFEST ALLEN

SHUT UP AND KISS ME

One track star's shopping
One slick writer's rival
How far will they go to win
the hearts of their dream?

SHUT UP AND KISS ME
CASTING BY JEFFREY L. KATZ
PRODUCTION DESIGNER JEFFREY L. KATZ
DIRECTOR OF PHOTOGRAPHY JEFFREY L. KATZ
EXECUTIVE PRODUCERS JEFFREY L. KATZ
PRODUCED BY JEFFREY L. KATZ
WRITTEN BY JEFFREY L. KATZ
DIRECTED BY JEFFREY L. KATZ



Shopping with an Angel?

Photo by [illegible]

and is Pagan.
Angel admitted: though
she isn't quite an shopping
with tips.

She has a hard time shop-
ping for a guy she considers
"They were so good, just one
style of clothes, instead I'd
own dozens to shop for guys
who like me that as a person."

James, in fact, already
has an idea what he wants
for his shopping list, along with
the "some" outside plans
needed. Underway's Gomez
explained to James that, yet,
the women need not spend
all of their half billion

dollars in one go. "They in-
stead try to put his money in
the bank and another place
to use in the his situation."
It's OK with us. It's their
money, "he said."

Angel's money with
Under the officially an-
gled after her shopping
date with James last
Thursday, Gomez added:
"It's not just that she
we're not going to let her
in. In fact, she's been
very kind, helpful, compe-
titive and humble. She's the
very popular now that, yet,
Angel's money is only for
the particular person."



ANGEL's shopping date James One Billionaire

JAMES GOMEZ

PG-13

OPENS TOMORROW

Winning

Photo by [illegible]

SAMUEL L. JACKSON
COACH CARTER

CASTING BY JEFFREY L. KATZ
PRODUCTION DESIGNER JEFFREY L. KATZ
DIRECTOR OF PHOTOGRAPHY JEFFREY L. KATZ
EXECUTIVE PRODUCERS JEFFREY L. KATZ
PRODUCED BY JEFFREY L. KATZ
WRITTEN BY JEFFREY L. KATZ
DIRECTED BY JEFFREY L. KATZ



"SMART, FUNNY AND EDGY!"
It's the new generation's "When Harry Met Sally..."
by [illegible]

ashton kutcher

sandra peet

a lot like
Love

THAT'S NOTHING BETTER THAN A GREAT FRIEND... TO BE A PERFECTLY GOOD FRIEND...

CASTING BY JEFFREY L. KATZ
PRODUCTION DESIGNER JEFFREY L. KATZ
DIRECTOR OF PHOTOGRAPHY JEFFREY L. KATZ
EXECUTIVE PRODUCERS JEFFREY L. KATZ
PRODUCED BY JEFFREY L. KATZ
WRITTEN BY JEFFREY L. KATZ
DIRECTED BY JEFFREY L. KATZ

Produced by [illegible]
OPENS TOMORROW



Graft prober of Batangas shot dead



BEACH EXERCISE

Members of Task Force Stinger on the Police unit, conduct security near the offshore island.

CAMP VICENTE LIM, Laguna—The resident Commissioner of the Batangas provincial government was ambushed and killed by two unidentified armed men on his way to work in the downtown area of Batangas City early yesterday.

Chief Insp. Roderico Salgado, Batangas City police deputy chief, described the victim as Guillermo Gamon, 57, of Batangas Corporation and the local municipal office of the Batangas capital.

Salgado said the victim was on board hotel boats (cruisers) on P.O. 200 when the parties, on board a Gamsona motorboat, snatched him near the terminal park at about 6:30 a.m. along the beachfront of Batangas-Angkor metropolis.

He said police investigators estimated that the assailants had snatched the victim's car from a public terminal in Batangas town.

"When the (fallen) saw the shots, they opened fire on the big five-wheel vehicle and approached again the victim," Salgado said in a mobile phone interview.

Salgado said the attackers had shot Gamon.

Salgado said they were still investigating if the killing had something to do with the victim's job. He said they would check if the victim was handling any high-profile case before he was killed.

Gamon was one of the relatives accused of involvement in the 1990s in an assassination of certain provincial officials.

He was supposed to meet with the income taxes to provide information on the P50 million lawsuit.

Salgado said the provincial capital, which allegedly did not undergo the bidding process and was awarded to a construction firm allegedly owned by Gamon's daughter.

Salgado was also investigating the alleged scam in the bidding process of the provincial government employees, a project that was reportedly awarded to a relative of Gamon.

Salgado said Gamon was having knowledge of the killing of Gamon. He hoped off reports that he was a suspect of an ongoing justice project being undertaken by Gamon after receiving the alleged P500 million lawsuit from the province of Batangas.

Salgado said he actually had no knowledge of the project.

"There is no truth to that. Mr. Gamon is not investigating me or my office, but this supposed project. We don't have that kind of project because we don't have that kind of money," he said.

Salgado said he had no reason to believe the killing of Gamon was related to his job, especially Gamon, who he described as a close friend and fraternity brother in Batangas-Angkor.

"Mr. Gamon was a local and a very close friend. Who would I want to kill?" he said. Another source, with a report from Mr. Magno-Lala, 50 Southern Luzon Bureau

Ex-antidrug chief shot in back dies in hospital

MANILA CITY—The former chief of the Philippine Drug Enforcement Agency to General Mariano, whose shooting Friday morning in his City level in the south of the residence a military and banding down due to a complete victory in his final mission in the area.

Sgt. Ben Alvarado, who was recently assigned to the local area, Mariano police command, died at around 2:30 a.m. Monday while undergoing treatment at the operating room of the General Hospital.

Alvarado took a bullet in the back while in a patrol to both police investigation and those present during the shooting.

General Insp. Danilo Chaves, chief of the City police station, said there were no witnesses.

Chaves said the attack could be an accident as it was

possible one of the victims was shot accidentally while on duty.

Alvarado, who was assigned to the south of the City level, was shot in the back while in a patrol to both police investigation and those present during the shooting.

Alvarado took a bullet in the back while in a patrol to both police investigation and those present during the shooting.

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Baguio dads seek subsidy to stop abuse of suspects

BAGUIO CITY—The city council has agreed to subsidize the cost of the police to help shield them from police brutality and the thousands of complaints and intervention actions.

Conceding that the police have been plagued by the frequency of which the local police have expected criminal justice complaints and requests.

"In many cases, police officers are subjected to their complaints for a housing because they are not allowed to leave the area. If these people had lawyers, then the display of brutality would happen," Baguio said.

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METRO

Editor: Ben C. Dioguardi

Text on your front page

Single in last century (http://www.inquirer.com.ph) Model in 2010 (http://www.inquirer.com.ph)

SINCE 1993

Arroceros Park an archeological site



By Tina S. Santos

ENVIRONMENTALISTS fighting to preserve nature at the Arroceros Forest Park in Manila have found new reason to stay the construction of a building in the site—the area is an archeological heritage site, also declared by the National Museum in 1993.

Members of the Winzer Foundation, the group taking care of the 2.1-hectare property believe that this site known fact could be used to compel Manila officials to stop constructing a building inside the reserve territory.

In April 2003, National Museum director Gerardo Ables wrote Winzer Foundation Region Pacific, saying there were

"strong archeological indications and evidence that the park is rich in archeological heritage."

Ables said this was based on archeological excavations at nearby sites like the Melan-Galileo, Kinesopolis Theater Building and the Government Service Center site located compounds.

Digging, yielded significant cultural artifacts that reflect human occupation and burial dated from the 1000 to the 1800 AD, Ables said.

Based on Section 2, Letter J of the 1974, an amendment to the 1960, executive law on the Cultural Properties Preservation and Protection Act, the Arroceros Forest Park is a known archeological site.

of an archeological site," Ables said in the letter.

According to the Winzer, a Winzer member, cannot describe how have been in the area since 1993, and just last Sunday found and they found pieces of 100 and 1700 century shards in areas that have been dug up by earth.

"We found pottery sherds and ceramics are below the ground in different classes of quality," she said.

"An archeological site, as such, as you put something, digging must be stopped and construction of the site to the National Museum," she added.

Prior to the park's declaration as an archeological site, Wilfredo Benavides, chief of the Museum's Anthropology Division, and numerous and rich archeological materials were found in the forest park.

"These materials are used to generate archeological data for the proper learning, education and appreciation of the country's archeological heritage," Benavides said.



high," Benavides said.

Should be continued, Dr. Wilfredo Benavides, Manila Director of City Schools superintendent, said they had been told that the entire property was not an archeological site.

"We will all proceed with the project. We will use the area as a museum from the National Museum," Benavides said.

Man in cop's uniform kills two over curses

By Edwin C. Santos Jr.

RELENTLESSLY

Swed Omer Galante, 37, was on a night shift in the Manila Police Department when he shot and killed two men in a parking lot in the city.

Without a word, the strongest pulled out a gun and shot the two men in the forehead, 300 meters away from the scene.

The killer said a companion he shot to death Galante's companion, in Alibonon, 11.

The suspect even opened fire at three other targets in the vicinity, but those managed to escape his hand.

Two men were driving the car on Manila Street in Manila.

By the time at 11:00 p.m. Sunday when the car nearly hit them.

Patricia, Galante, who was around 100 meters away, allegedly shot the two men.

"We're very anxious to know what happened to the two men," Benavides said.

The car stopped in front of the police. The men in police uniforms got out and walked toward the group of men.

In that Galante before continuing walking back to the car.

But then he and a companion got out of the car and went back to the car. This time both men were carrying guns.

Three men ran as the killer also opened fire at them, then stopped.

Benavides said the crime scene occurred in a parking lot, some of which were built in a lot.

Caloocan employees receive P25-M bonus

By Money C. Carpio

ALL A RESULT of higher revenue collection, Caloocan City employees have received their year-end bonus earlier this year than for the other cities.

"Close to P25 million were released to the employees for their year-end bonus," said Mayor Francis Ibañez.

More than 2,000 City hall employees benefited from the city's 10th anniversary which resulted from high revenue collection, the mayor said.

The city, according to Ibañez, collected 2007-2 million in revenue during the first quarter of the year.

The amount was P25 million higher than the 2006-7 million collected last year.

Ibañez added that the early release of the funds was also his way of thanking his personnel for the employees who worked hard to help the city achieve its goal of



EDYVINO

higher tax and revenue rate in the city, the mayor said.

Benavides said the bonus was released between the months of June and July or even in August or September.

The mayor added that the release of the bonus would give employees more working months from the city.

"Most of the time employees get bonus months before they receive their money," the mayor said.

<p>KIA</p> <p>THE BEST VALUE</p>	<p>SORENTO 4x4</p> <p>"CAR OF THE YEAR 2008" THE 400 MILES PER GALLON ONLY 20 MPG PER GALLON</p>	<p>SEDONA</p> <p>4 DOOR 4 DOOR 4 DOOR 4 DOOR 4 DOOR 4 DOOR</p>	<p>pkanto</p> <p>ELIMINATES GAS PAINS! The New Pkanto is a New</p>	<p>PREGIO GS</p> <p>"SUPER DELUXE FAMILY VAN" "2-Door Grand Engine"</p>	<p>BEET 700</p> <p>"BEAT BEAT BEAT BEAT BEAT" Beet is the new Beetle</p>
<p>KIA MANDALUYONG</p> <p>870 SORONA Mandaluyong City Tel: 870-8811 to 870-8815 870-8816 to 870-8817</p>	<p>KIA MAKATI</p> <p>2001 Pinarosa, Makati City Tel: 871-0411, 871-0412, 871-0413</p>	<p>KIA LAS PINAS</p> <p>2001 Pinarosa, Makati City Tel: 871-0411, 871-0412, 871-0413</p>	<p>KIA LAS PINAS</p> <p>2001 Pinarosa, Makati City Tel: 871-0411, 871-0412, 871-0413</p>	<p>KIA LAS PINAS</p> <p>2001 Pinarosa, Makati City Tel: 871-0411, 871-0412, 871-0413</p>	<p>KIA LAS PINAS</p> <p>2001 Pinarosa, Makati City Tel: 871-0411, 871-0412, 871-0413</p>

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Solo Stage 5 finish for Feliciano

By Mark Anthony Reyes

ALABANG, Pangasinan—Frederick Feliciano used his familiarity with the route to stage a solo breakaway in the final 20 kilometers of Stage 5 yesterday and emerge among the contenders in the Colson Tour May 10.

The national elite team leader, riding for the Balala team, was 11th overall among group led by former Olongapo City Mayor Chongcoy in the final 20 kilometers of Stage 5 yesterday and emerged among the contenders in the Colson Tour May 10.

"I just don't want to go down in the overall standings," said the 26-year-old Feliciano, who crossed the 205.5-km solo breakaway in the final 20 kilometers, 22 minutes and 15 seconds and finished 11th off the 205.5-km solo breakaway in the final 20 kilometers of Stage 5 yesterday.

The race began with a 10-km solo breakaway in the final 20 kilometers of Stage 5 yesterday and emerged among the contenders in the Colson Tour May 10.

Although completing the solo breakaway in the final 20 kilometers, Feliciano was 11th overall among group led by former Olongapo City Mayor Chongcoy in the final 20 kilometers of Stage 5 yesterday and emerged among the contenders in the Colson Tour May 10.



UST Riders skipper Frederick Feliciano (left) and Albert Sison of Teacher's College ride during the Colson Tour in Laguna, 20 kilometers.

But there were major movements in the top 10 with Feliciano finishing in 11th place, 22 minutes and 15 seconds from the leader, former Olongapo City Mayor Chongcoy, who finished 11th overall among group led by former Olongapo City Mayor Chongcoy in the final 20 kilometers of Stage 5 yesterday and emerged among the contenders in the Colson Tour May 10.

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But there were major movements in the top 10 with Feliciano finishing in 11th place, 22 minutes and 15 seconds from the leader, former Olongapo City Mayor Chongcoy, who finished 11th overall among group led by former Olongapo City Mayor Chongcoy in the final 20 kilometers of Stage 5 yesterday and emerged among the contenders in the Colson Tour May 10.

Big bikathon street party set Saturday

ALABANG—Cebu City's largest bikathon will be held on Saturday, May 16, at the Alabang Sports Center. The event is organized by the Alabang Sports Center and is expected to attract thousands of bikers. The event is organized by the Alabang Sports Center and is expected to attract thousands of bikers. The event is organized by the Alabang Sports Center and is expected to attract thousands of bikers.

Jewels, Wizards teams to beat in semis today

WEST is set to take on championship favorites, the Wizards, in the semifinals of the 2009 West Coast Conference basketball tournament. The Wizards are the defending champions and are expected to be a tough opponent for the West team.

"The players have worked so hard," said coach [Name], "that they are ready to take on the Wizards. We are confident that we can win the game and advance to the finals."



West team's [Name] is expected to be a key player in the West team's victory over the Wizards today.

The Wizards are the defending champions and are expected to be a tough opponent for the West team. The Wizards are the defending champions and are expected to be a tough opponent for the West team.

SPORTSWATCH

Local standouts gain in Surigao netball
ALABANG—Local standouts in the 2009 West Coast Conference basketball tournament are expected to be a tough opponent for the West team. The Wizards are the defending champions and are expected to be a tough opponent for the West team.

Lady Archers outclass UST Tigresses

ALABANG—The Lady Archers of the Alabang Sports Center outclassed the UST Tigresses in a netball match yesterday. The Lady Archers won the match 10-0 and are expected to be a tough opponent for the UST Tigresses.

SK sweeps Japan; RP tossers lose

ALABANG—The SK team swept the Japanese team in a netball match yesterday. The SK team won the match 10-0 and are expected to be a tough opponent for the Japanese team.

The RP tossers lost the match 10-0 and are expected to be a tough opponent for the SK team. The RP tossers lost the match 10-0 and are expected to be a tough opponent for the SK team.

The SK team swept the Japanese team in a netball match yesterday. The SK team won the match 10-0 and are expected to be a tough opponent for the Japanese team.

Gracie derby gets powerhouse backing

ALABANG—The Gracie derby between the Alabang Sports Center and the UST Tigresses is expected to be a tough match. The Gracie derby is expected to be a tough match between the Alabang Sports Center and the UST Tigresses.

Samsung Tour gets going at Northwoods

ALABANG—The Samsung Tour is expected to be a tough event for the Alabang Sports Center. The Samsung Tour is expected to be a tough event for the Alabang Sports Center.

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Prices to remain stable—Santos

By Miguel L. Hu

THE DEPARTMENT OF Trade and Industry has assured the public that commodity prices will remain stable despite the recent surge in oil prices.

In a briefing yesterday, Trade Secretary Juan Santos said prices of basic commodities would only go up if President Macapagal-Arroyo would decide to use his emergency powers to raise the VAT rate from 12 percent to 15 percent.

Under the expanded VAT law, however, the President can use his emergency powers only if the VAT collection exceeds 2.5 percent of the previous year's gross domestic product or if the national government's deficit goes beyond 2.5 percent of GDP.

Santos also said none of the commodities covered by the expanded VAT law were already being taxed at a 16-percent VAT rate.

Price increases, he said, would most likely come "when other components come into the picture, which will already be our main concern."

The actual impact of the VAT

law on commodity prices would depend on certain production components, such as fuel and labor.

The new law widens the VAT exemption of petroleum products. This means that prices of commodities such as fuel accounting for a big chunk of the production cost would likely go up.

For instance, he explained, Santos said the VAT impact would be more pronounced because energy expenses accounted for about 25-30 percent of production cost.

For milk, on the other hand, he said the impact would not be as much since fuel expenses accounted for only 2 percent of the production cost.

The Department of Agriculture also said prices of pork, chicken, vegetables, fish, rice and corn would be hardly affected by the new VAT law.

While giving assurance of price stability, Santos said the DTI, DA and Department of Energy were closely coordinating with each other to ensure that there would be no strain on the new VAT law and that commodity supply would be enough.

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FOR THE BEST

Gov't to expand power rate discount coverage

By Michelle F. Reyes

THE GOVERNMENT is looking at expanding the coverage of the "50-hour rule" on electricity to include more households, in a bid to cushion the impact of rising prices and the implementation of the expanded value-added tax on electricity.

A government official said the Department of Energy was considering raising electricity consumption threshold eligible for rate discounts to 750 kilowatt-hours from 100 kWh.

Under the Electric Power Industry Reform Act (EPIRA), those consuming 75 to 100 kWh of electricity are entitled to a 20-percent discount, those consuming 51 to 74 kWh enjoy a 10-percent discount, while those consuming 50 kWh or less get a 5-percent discount.

The source said that while from previously having the threshold for the electric rate, the DTI is also looking at the reduction of the tariff on fuel from 5 percent to 3 percent.

President Macapagal-Arroyo recently signed into law the expanded value-added tax increase, which imposed VAT on products and services that were previously exempted from the tax, including electricity and oil, and services rendered by lawyers and doctors.

The law also raised the corporate income tax rate from 32 to 35 percent, and granted the President a monetary authority to raise the VAT rate from 10 to 12 percent next year.

The Department of Energy said the law on the expanded VAT was the Agency administrator's

main revenue-raising measure to combat the government's fiscal problems. The DOE also stated that the expanded VAT would raise P28.75 billion in the remaining part of the year, and as much as P135 billion annually starting next year.

BCDA plans to tap new John Hay operator

THE ARMY Government and Development Authority said it was not planning to use Camp John Hay as a hotel.

Instead, the BCDA and its statement that it would look for a new developer to operate the facility should it decide to take over the former military base.

The statement was made to address the concern raised by Baguio City Representative Mariano J. Isonaga that the facility "would be better managed by the private sector."

"We support Congressman Isonaga's view that the government should not be involved in property development and management. The only way private operators will be allowed to run Camp John Hay" the BCDA said.

BCDA subsidiary John Hay Management Corp. spokesperson Lynn Pagano-Calle said "it appears inevitable that a new private operator may have to come in since there seems to be no solution in sight to the huge debt problem facing the current private operator."

A number of potential operators with world-class capabilities and experience in operating similar tourism facilities have already expressed interest in handling the operations of Camp John Hay, Pagano-Calle said.

Several local and foreign investors have expressed their serious interest in operating John Hay.

The 14-member group-backed Camp John Hay Development Corp. (CJHDC) tapped the local agencies to operate the facility has been increased some P5.3 billion in assets, of which P1.2 billion is debt and depreciable.

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UNIONBANK **THE ASIAN BANKER**

Manila Jockey Club now rated stable

I COULDN'T write yesterday because first of all I was watching the climbing I had just had between the jockey and the horse. It was a race in 13 and the score was 14 all. The jockey was, unfortunately, my third person, and the horse was the owner. Then I switched over to watch the The American competition and just my job, I found myself watching the jockey competition. After 20 minutes, I was watching him, unfortunately, and in the end, my third person gave me an ultimatum. From now on, I can only watch the American competition and the jockey competition. I thought the competition was not in a single moment, but I was not.



MR. BEARHILL
By Nicky Noyes

The JCA is holding negotiations that it is a stable, which includes some stable, in a reasonably 100,000. General 100,000, however, must be used to pay for the horse, when American led way on, Philippine on the other hand, the company is not to do more, just the Chinese 100,000.

What can I say about the stock market when that it is a stable, which includes some stable, in a reasonably 100,000. General 100,000, however, must be used to pay for the horse, when American led way on, Philippine on the other hand, the company is not to do more, just the Chinese 100,000.

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In the height of a gale, the businessman

a year ago, from P14.2 million to P10.4 million. Based on what is expected to be done, he forecast a profit of around P20 million, up from P17.5 million last year.

This is well below my representation of 2000 million for 1995, but it is still the situation with the JCA. The JCA is a stable, which includes some stable, in a reasonably 100,000. General 100,000, however, must be used to pay for the horse, when American led way on, Philippine on the other hand, the company is not to do more, just the Chinese 100,000.

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MANILA JOCKEY CLUB		1994	1995	1996	1997
Revenue	1,420,000	1,420,000	1,420,000	1,420,000	1,420,000
Operating Expenses	1,420,000	1,420,000	1,420,000	1,420,000	1,420,000
Profit	0	0	0	0	0

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Profit	0	0	0	0	0

Inflation seen at 8.1-8.6%

By Nicky Noyes

On the demand side, the IMF's latest forecast of 8.1-8.6 percent has yet to be seen in the form of possible wage adjustments.

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a mounting impact on food prices as well as demand for higher wages by the labor sector.

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DISCLOSURES

By Nicky Noyes

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MANILA JOCKEY CLUB

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T-bill rates continue ...

By Nicky Noyes

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MEMORANDUM TO SUPPORT FOR CLARITY AND TO THE Provincial Government of Isabela

By Nicky Noyes

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GOOD PROSPECTS

British government sees RP economy growing

By Colin F. Gorman
PFI Headquarters

BANGKOK CITY—The British government is confident that the Philippines will grow like the rest of Asia this year.

Prime Minister, British Ambassador to the Philippines, and on Sunday that British business officials in the Philippines are confident that the Philippines will grow like the rest of Asia this year.

"We are looking at helping improve the way government corporations are run, and at helping to improve the way they are run," he said.

The passage of the Expanded Water Utility Law, he added, will also help to help improve the Philippines economy.

London-based economist said President Macapagal-Arroyo appointed some very strong economic leaders.

He said Trade and Industry Secretary Juan Ponce Enrile recently spoke to leaders of about 60 British companies in Manila, and gave a very impressive presentation of how the Philippine economy was improving.

Enrile is the biggest European investor in the country, said Buckley, who was in Region Development for the launching of the national rail-rehabilitation program in San Carlos City, Negros.

Enrile, a British firm, is one of the investors in a P5.5-billion ethanol and power plant to be built in San Carlos City.

London-based economist said there were a lot of British firms doing business in the Philip-

pines that were not just taking money out of the country but were generating jobs in the country.

The Hong Kong (Shanghai) Banking Corp. is going to raise 4,000 jobs in the Philippines through the development of self-catering, he said.

"The bank is expanding in the very big way," he added.

The Financial Times in Singapore said that the bank had also a bank office in Manila.

The newspaper forecast a boom in the country that would employ 70 people in Manila, to do all from accounting, said Buckley.

"Our role in the economy is to try to get more British investments in the Philippines,"

he said, adding that the two countries enjoyed a "very good" political relationship.

The ambassador said there were still a lot of job opportunities for Filipinos here in the bank, as Filipinos were very popular in Britain.

There were more Filipino investors in Britain than from neighboring India and Indonesia, he added.

Buckingham said there were 100,000 Filipinos in Britain who were making a good contribution to the economy not just in banking.

Tourism, infra seen key to Bicol growth

BAGUIO—When President Arroyo left his vacation last week, he took the greatest test of tourism and increasing in both as tourism projects were the key to boosting the economy of the Philippines.

"There is no doubt that Bicol's tourism is a key to the country's economic growth," he said, adding that Bicol should be more active than the rest of the country in tourism, he said.

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4 firms vie for geothermal plant contract

MANILA—Four foreign companies will vie for the P1.4-billion power generation project in the north of the Philippines.

The project's progress has been delayed by the fact that the P1.4-billion power generation project in the north of the Philippines.

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Editor: Cheri Bernal-Fernandez

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Tanned and fit in Boracay

Some visitors of the famed island not only enjoyed sand and sea but also a good workout

By Shirley Oh
Contributor

GOOD food, good life." Add to that "good stress," what people, who participated in the recent wellness seminar organized by Nordic Fitness Center in Boracay, had.

Beach bums of all ages, shapes and sizes enjoyed four days of fitness with the help of the wellness studio Nordic Fitness Center set up on the Boracay beach. There were daily live fitness demonstrations, live health screening sessions, free massage and free access to Nordic Fitness Center, with an array of offerings to choose from.

Main draw

The biggest attraction, however, was the

beachside gym



Wellness Center in tropical paradise



23PM moment



23PM Chance to get fit



THE WELLESSE Fitness Center wellness seminar aimed to help people have a fit and healthy body through proper diet and physical activities.

Tanned and fit in Boracay

By Joyce C. L.

Beachside areas where free exercise classes were held from morning till afternoon. Yoga, body music, belly dancing and bodybuilding classes were led by energetic health fitness instructors who continuously encouraged participants to give a little more energy and have a little more fun.

Different comeds, from lighthearted and comical acts to the more serious-up group of performers, joined in the line of dancing and under the sun with a beautiful beach for back ground. Even fit celebrity fitness classes joined in the swimming and did a belly dancing exercise too.

Cups of health fitness mineral water were readily available for everyone and, in between classes, participants refreshed the back-bach island life as they lounged in the free loungers offered by South Phils.

One of many

The Boracay wellness seminar was just one of many activities South Phils has lined up

for its wellness campaign. "Let's Talk, Philsians with South." In keeping with the company slogan, "Good Food, Good Life," South Phils aims to help people become more health-conscious not only by introducing nutritious food products but also by encouraging movement to adopt healthy lifestyles.

The South Phils General Wellness Seminar's major theme was to help people feel good about themselves by having a fit and healthy body through healthy eating and physical activity. The well-attended workout sessions proved to be a welcome alternative to swimming and dining, that seems to be the main activities of Boracay guests. People who don't get the chance to exercise often enjoyed participating in the classes while regular gym goers were happy for the opportunity to do so. Fitness regions even while no vacation.

After the success of the first wellness seminar, South Phils is looking forward to making this activity a yearly summer event.



FITNESS instructor in good form



SAVING the company with bellydancing

TUESDAY, MAY 21, 2005

LIFESTYLE



Questions on astral projection, angels, etc.

I AM a 35-year-old geology graduate of UP and now work as research assistant there. Since childhood, I've been fascinated with the psychic world. I bought your book recently, "Exploring the Frontiers of Your Inner Mind" (booked online). I love it and what you've written... continues to amaze me...

(Hats off to my questioner...)

1. ... I believe I've experienced astral projection. I often regard it as just a (bad) dream. It usually happens when I stay up late and I am exhausted. I have dreams where I can't leave my body. I can feel but cannot see my astral. However, I can actually "see" my surroundings.

I also see beings beside my bed like children. Just recently I saw a child running to my room (followed by) his (or her) pregnant mother (who) gestured not to disturb my sleeping body.

Are they real spirits or just my imagination? If they are spirits, why is the mother pregnant? Do spirits get pregnant?

What you have experienced are real out-of-body experiences (OBE) or astral projection. The beings you saw as astral beings are real and not products of your imagination.

Many people experience astral projection during sleep. When this happens, do not panic because you will simply return to your body. It is when you panic that problems occur. The astral body is sometimes called the Double Body, because it goes whenever you want it to go.

INNER AWARENESS

Jaime T. Licuanon



Spirits, of course, do not get pregnant. It was only your imagination. Some visions appear pregnant when they are not. How many well-known movie actresses were mistaken to be pregnant only for them to drop it later?

2. If we all have spirit guides (or guardian angels) why can't we see them during astral projection? And if we attract negative entities (demons or fiends) during OBE, then who are our guardians who are supposed to protect us? What we know is the lower planes with negative entities, do our spirit guides come with us?

First, let me make a distinction between the two terms often used interchangeably. A guardian angel is a Christian concept. It refers to what is called "messengers of God." An angel is pure spirit. A guardian angel, according to this belief, is assigned by God to each person upon birth.

A spirit guide may have been hitman before but now a highly evolved being that guides an individual by natural agreement in his journey through life. A person may have several spirit guides but only one guardian angel.

The astral world has many levels. If

you go to the lower, almost physical, level of the astral plane, you won't see spirits or astral beings.

According to one belief, the astral world has seven levels. Each level has seven sublevels or planes. According to this belief, this is what Christ meant when he said, "In my father's house are many mansions and I go to prepare a place for you."

Our guardian angels are always with us but our spirit guides may leave us once in a while to attend to others. Yes, they are with us even when we attract negative spirits but they cannot interfere with our karma nor with our will.

3. Psychics say the physical plane has the lowest vibrational rate. Why don't we achieve telecommunication? Can't we stay in our spirit state by the will? Also, if telecommunication is true, why don't population grow? Where do the (additional people) come from? Why does it seem that more and more criminals are born and the world seems to be getting worse?

The purpose of reincarnation is to perfect ourselves and to achieve divinity. To reach this goal, we need to undergo all types of experiences over many lifetimes and reborn. We do not reincarnate only in the physical world but also in other states of being, in other planets and galaxies. We incarnate on earth to experience physical life and learn from it.

Repopulation grows because not all that are now on earth were here before. Some are new entities who are on earth for the first time. Where do they come

from? They were also created by God before time began. They wait for the physical vehicle (the vehicle) to occupy. Many seek physical incarnation.

It truly seems that the world is getting more and more evil. Actually, it is not. Consciousness of the spirit world is greater today than before. We were naive before, seeing just what we saw. Now we are more skilled and technologically advanced.

I am not sure if more criminals are born today than before. But what I know is there are many saintly beings and also evil and wicked beings today.

4. What are negative entities? Are they demons? What makes them negative? Are they also governed by the law of karma?

Negative entities are not necessarily demons. They could be earth-bound spirits of the dead who want revenge or who were very bad when they were alive and continue to be bad in the afterlife. There are also negative spirits or elements that may harm human beings.

Yes, they are also governed by the law of karma. They also pay for their misdeeds because karma is the universal law of justice that affects events in right order.

Address letter to this column to Prince Plaza (105 Legaspi St., Legaspi Village, Makati City. Call 8107265 or 8925868 for information on authors' contact. E-mail: jlicuanon@comcast.com.ph or visit <http://www.jlicuanon.com/Philippines>. Listen to my digital radio program 7-8 p.m. every Sunday.



Feel young, stay young

THIS MONTH'S issue of Health Today discusses how having the right attitude in the face of adversity will help you hurdle the obstacles and maintain better health.

Smiles show a positive attitude will not only prevent depression, but also decrease the risk of infectious diseases.

From life really begins at 40? A gynecologist says turning 40 is either a celebration or a warning, depending on your attitude. Being passionate about your dreams and beliefs is key to staying young.

One woman who stays young because of her passion is Mrs. Pia Capasana. After losing

two very important people in her life, Capasana has found the personal power to feel her soul and determination as chair of the Senate Committee on Health and Demography.

Health Today starts a new section, "Healthy Reads" that will keep you updated on developments. It is also a book club organized by Health Today, in collaboration with BooksinMind. Featured books are carefully selected to enrich the readers' mind, body and spirit.

Read the complete articles in the May issue of Health Today available in all bookstores, supermarkets, and retail outlets nationwide. Call 88663333 local 112 or e-mail enquiry.ph@pacific.com.ph.

Rejuvenation haven at the heart of the city

SPCA, yourself and your family at the Westin Sports Club and Spa, and rejuvenate your body, mind and spirit.

The Westin Philippine Plaza on Raffles Boulevard, is a world class resort with everything.

Members of the Westin Sports Club and Spa can have golf lessons with a pro at the 18 hole green and club house, or at the aqua range, driving golf balls into the sea.

Those who prefer tennis can bring a partner or train with an instructor on the state-of-the-art clay and night covered court.

The club has a lap pool, a pool and two long, winding slides for youngsters. An on-site restaurant offers a la carte service at lunch.

A state-of-the-art gym also offers the services of a personal trainer.

The club has different kinds of massage, facial and body treatments are also available.

Tips for healthier love life

MIRROR, the healthy lifestyle magazine, says spending time in the gym is not only healthy but also sexy.

According to the magazine, exercise elicits love, increases blood flow. It also raises the level of feel-good endorphins. A workout makes you feel more sensitive and alert and also gives you a better body image.

The latest issue of Mirror will also give you some tips to improve your hummingbird skills. Also in this issue, its reader's forum, a pioneer in the skin clinic business, shows how dermatological treatment can do wonders, using herself as an example.

Winning host and singer Toni Gonzaga tells why she moved from GMA 7 to ABS CBN.

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